

Halifax metro



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OUT GUNNED

Halifax falls 11-10 to
Bathurst in wild
and wacky affair
metroSPORTS



Halifax Mooseheads centre Nico Hischier, middle, tries to get past Acadie-Bathurst Titan's Rodrigo Abols, right, at the Scotiabank Centre on Sunday. JEFF HARPER/METRO

Put the brakes on transit plan: Group

UPCOMING VOTE

**Proposal back
to council, most
amendments
left behind**



**Zane
Woodford**
Metro | Halifax

Halifax Transit's redesign plan comes back to council this week, but more than 20 amendments

from councillors didn't make it to the last stop.

The Moving Forward Together plan was last debated at City Hall in April, when the last regional council approved the plan, but added 23 amendments.

In a staff report in front of the new council on Tuesday, staff recommend scrapping all but one of those amendments — "to retain the existing route numbering associated with the communities of North Preston and Cherry Brook." That change

was approved because it was deemed to have little effect on the rest of the plan.

Two more items — that "Route 32 Cowie Hill Express which becomes the Route 124 Leiblin Link continue to travel on Summer Street and not Robie Street," and "That staff consider extending service for routes associated with Dartmouth Crossing to coincide with working hours" — were already in the plan, according to staff.

The other 20 items were



This report is inadequate, does not solve dramatic problems in the network and should be rejected.

Advocacy group It's More Than Buses

scrapped because of their effects on the rest of the plan.

Coun. Tim Outhit isn't yet sure how he'll vote on Tuesday, but he doesn't think the plan is what the public was looking for.

"I think we have a system that's costing us more and more

money and ridership is down despite the fact that we built two new terminals, new garages, bought lots of buses. So we need to start doing things differently, including ferries and rail and bus rapid transit. And I suspect that this is a tweaking, probably not

the rethink that's required, but time will tell," he said.

An open letter from the advocacy group It's More Than Buses calls on council to put the brakes on the plan due to its "lack of a connective network," "inefficient and redundant route design," "missing data and analysis," and long, five-year implementation.

"We recommend that council halts the process and brings in an international caliber expert in transit network redesign, immediately," it reads.



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A glimpse into the Syrian war

FILM

Halifax journalist helps pen documentary



Jen Taplin
For Metro | Halifax

Halifax will be the second venue in North America to screen *The War Show*, a gut-punching documentary about the Syrian war.

The film's co-writer Spencer Osberg is a Haligonian globe-trotting journalist who wanted to bring the film home.

People who have a connection to the Syrian community and Syrians themselves will automatically have more empathy for this film, he said.

"And Canadian families who don't really have an idea of what's happening in Syria will see this, will have a bit more of an idea of what (refugees) are leaving and why they are leaving and that will probably hit home," Osberg said.

The screening in Halifax on Tuesday is a fundraiser for Syrian humanitarian relief and refugee sponsorship.

The *War Show* is told through footage mostly shot by Syrian radio host Obaidah Zytoon. Starting in 2011 she took her camera to protests against Syrian President Bashar al-Assad.

For the next few years, Zytoon filmed her friends, their involvement in the revolution, and the torture, gun battles, starvation



A woman in the city of Zabadani preparing masks for a protest. CONTRIBUTED

and destruction of her country.

Osberg met Zytoon in 2013 when he was working as a magazine editor in Beirut. She had escaped Syria and sought refuge there.

"The reason I've stayed involved with (the film) for so long is because it feels like a defining movie, like 15, 20 years from now when people talk about the Syrian conflict, this tells the story of it," he said.

The film premiered at Venice Days in August, received a

standing ovation and won the jury prize. Osberg said at its first showing, some audience members were weeping during the film.

"It tells the wider story, but it brings you through it in a personal way where you get attached to the people," he said. "You feel you know them and then they're taken from you."

His hope is the film makes what's happening in Syria feel real and creates a bridge of empathy.

+ SCREENING

The War Show

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Hisham, a character in the film. CONTRIBUTED



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OUTREACH

Bernie and Nancy Schultz give gift of the holiday all year



Yvette d'Entremont
Metro | Halifax

About 19 years ago, Bernie Schultz was an alcoholic living under the MacDonald Bridge.

He moved into a local transition house, turned his life around and eventually ended up working at the same facility as a caseworker for 12 years.

"I learned first hand about homelessness and addiction and mental illness," he said.

"And when I left (that job) in 2012, I was having a conversation with somebody and they said I should open my own house. That's how we started Last House on the Block Society."

That non-profit society was initially set up with the goal of opening a transition house for men in Dartmouth's Woodlawn area.

In 2013, Schultz and his wife Nancy altered the mission statement to make it a community outreach organization.

When Nancy suggested knitting scarves for women living in the Marguerite Centre, their Santa Under the Bridge project was born.

The couple had 45 knitted scarves and doled them out in gift bags containing other useful items. That first Christmas in 2013 they brought the bags to the Marguerite Centre and Direction 180.

The project has grown. This year they have at least 260



Bernie and Nancy Schultz's Santa Under the Bridge project keeps them busy throughout the year. JEFF HARPER/METRO

scarves to add to the Christmas gift bags they'll give away to more than a dozen local organizations that help people in need.

The couple recruit the knitting volunteers, oversee the fundraising required to pur-

chase the supplies and items for the bags, and buy the items. Nancy holds volunteer knitting circles, and also teaches knitting classes. Bernie said the project keeps them busy 12 months of the year.

The Schultzes become Mr.

and Mrs. Santa Claus, accompanied by a few other Santa volunteers, and personally deliver all the Christmas bags before the holidays.

In addition to hand knit scarves, the packages include thermal socks, mittens, personal care items, candy and a card.

Bernie said for many who receive the gift bags, it's all they'll get for Christmas.

"When we wake up on

Christmas morning we know that maybe we've provided Christmas to 200 people. That's staggering when you think about it," he said.

"Someone once asked me what was the most beautiful thing I'd ever seen. And I said it was the look in somebody's eyes when they realized they didn't have to go through Christmas alone. They have something."

Bernie, 60, learned how to

+ HELP PICK A HERO

Nominate someone

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

knit last November. He has already made 50 scarves for this year's Santa Under the Bridge project.

Nancy, who retired from almost 40 years of caring for seniors, now gets up early on Saturday and Sunday mornings and spends several hours volunteering at a local nursing home where she also delivers knitting classes.

She gives proceeds from her personal knitting projects to Last House on the Block and Feed Nova Scotia.

"There aren't enough volunteers out there for nursing homes and there's not enough people giving to the homeless and people in transition homes. Part of what we're trying to do is heighten the awareness of the needs of others," she said.

"There are so many people sitting at home complaining about being bored and lonely. Well get off your arse and get out there and help somebody."

Among their other endeavours, the couple also bake treats and deliver them to people whose jobs make a difference in the community.

"I just wanted to say thank you to them for brightening my day," she said of the treat deliveries.

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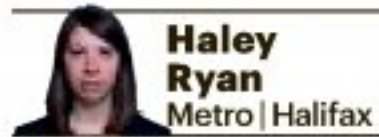
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CONVENTION CENTRE

Gaming event's growth stunted



Haley Ryan
Metro | Halifax

Yet another delay in the Nova Centre timeline has stalled the growth of the popular Hal-Con event, says its executive director.

With Friday's announcement that the new Halifax Convention Centre won't open until at least next December, Jennifer Lambe said Hal-Con 2017 is feeling "disappointment."

"We had anticipated being able to grow," Jennifer Lambe, interim Hal-Con executive director said in an interview.

The event has grown "phenomenally" since 2010, with close to 9,000 people this year and until recently has been volunteer-run, Lambe said.

Lambe said a bigger venue

like the future convention centre means more tickets, more guests and therefore more revenue, which was expected to offset the cost of hiring the organization's first "sorely needed" staff member, (Lambe for the moment).

"We want to be able to ... give the event what it needs in order to continue and be sustainable," Lambe said. Lambe said there are enough contingency funds to keep the event at the back-up location of the current World Trade and Convention Centre and Scotiabank Centre for 2017, but things are "less comfortable" than they were.



That seriously hampers us.

Jennifer Lambe of the delay

POLICE

Distracted student walks into harbour

A university student took an icy dip in the Halifax harbour after police say he walked off the wharf while looking at his phone.

Halifax Regional Police got a call about a person falling into the harbour just before noon on Friday in the 1400 block of Lower Water Street, spokesman Const. Phil Power said.

"It was a student that had fallen in the harbour because they weren't paying attention," Power said.

"They were distracted and

kind of walked off the edge."

Power said the male student was in the water for a "very short" amount of time and was able to climb out of the water with the help of a group of friends.

By the time officers arrived, Power said the student was back on dry land.

The student was taken to hospital as a precaution since the water was quite cold, Power said, but was not injured.

HALEY RYAN/METRO

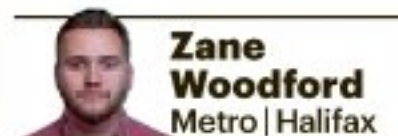


A police officer is surrounded in police tape as he holds a scene on Cragg Avenue in Halifax earlier this week after Terry Izzard was shot to death. Police now say he might not have been the intended victim in the shooting. JEFF HARPER/METRO

Urgent call to 'value the lives around us'

VIOLENCE

Young men need support system, older male mentors



Zane Woodford
Metro | Halifax

A north end Halifax reverend led an emotional service on Sunday, addressing recent violence in the community.

"We should value the lives around us. There must be better ways to mediate our differences, and to come to some understanding when we have disputes, than killing each other," Rev. Dr. Rhonda Britton said to the crowd at the Cornwallis Street Baptist Church Sunday morning, just hours before wakes were scheduled for Terry Izzard and Shakur Jefferies, both victims of shootings over the past week.

Britton invited the members of her church to speak, and more than a dozen talked about the issue of violence from multiple angles, including the need for change in the school system, the trauma experienced by young men in the community, and the need for older men to mentor younger men.

After impassioned speeches from her parishioners, Britton

We may never totally eliminate violence, but we can lessen it.

Rev. Rhonda Britton

called on men in the community to step up, to be that mentor for young men in the community who don't have the support system, or the constitution to overcome the challenges in their lives.

"They have come up in a world of systemic racism that has made them angry, that has made them despondent, that has made them despairing. They have come up in a system that has denied them. They have come up in a system



Rhonda Britton. METRO FILE

that said, 'You're not worth anything.' They've come up in a system that has shut doors instead of opened doors," she said.

Britton said those in the community who are lucky had the support system to overcome those challenges, but for those who don't that frustration comes out, and "far too many times these days, it comes out in guns and knives."

"It takes a village," Britton said.

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Trump's plans a mystery

SECURITY

Forum can't read direction of America's president-elect

After three days of discussion, the Halifax International Security Forum ended with a collective shrug as political thinkers from around the globe expressed uncertainty about how the election of Donald Trump in the U.S. might affect the international order.

Canadian politicians made it clear that whatever the president-elect's foreign policy may entail, the country is prepared to hold its own on the world stage — with or without its neighbour.

Defence Minister Harjit Sajjan told reporters Sunday that he's reserving predictions about the upcoming administration until after Trump takes office and he looks forward to building a "solid relationship" with his new American counterpart.

Sajjan said "no one nation has all the solutions" in today's uneasy geopolitical climate, reiterating the importance of multilateralism in Canadian foreign relations.

Sajjan said Canada would hold firm on issues where the country's principles may conflict with Trump's policy views, like his push to bring back waterboarding as an interrogation technique or his murky stance on Russia's actions in Ukraine.

Conservative leader Rona Ambrose said she met with American senators from both sides of the aisle Sunday to shore up sup-



Participants at the security forum join Canadian Defence Minister Harjit Sajjan for a run Sunday. DARREN CALABRESE/THE CANADIAN PRESS

port for trade agreements that may be under threat if Trump follows through on his protectionist campaign promises.

Ambrose said Republican Sen. John McCain and Democratic Sen. Chris Coons expressed broad, bipartisan support for the North American Free Trade Agreement, which Trump has suggested should be renegotiated or done away with altogether.

She said the Canadian government must pursue the Trans-Pacific Partnership even if the U.S. backs out of the agreement, which based on her conversations with the senators, seems likely.

As the gathering came to a close, it seemed the three-day conference had yielded more questions than answers, as the world waits to see what a Trump White House may hold.

THE CANADIAN PRESS

INTERNATIONAL FORUM

U.S. security boss won't talk about rumours he'll be fired

The director of the U.S. National Security Agency defended his record at the Halifax International Security Forum, as rumours swirl about calls for him to be ousted from his current post amid a potential promotion in president-elect Donald Trump's administration.

At a panel Sunday, Admiral Mike Rogers refused to address media reports saying Amer-

ica's top defence and intelligence officials recommended his dismissal.

"Just let me cut to the chase, because I'm interested in saving us all some time," Rogers said in response to a question from the audience. "I am just not going to go down this road."

The audience member referred to a report in the Washington Post saying Defence Secretary Ash Carter and National Intelligence director James Clapper wrote a letter to President Barack Obama advising that Rogers be relieved from his duties in his dual role as head of the NSA and U.S. Cyber Command.

Rogers' name has been floated for a role in Trump's administration, and he recently met with the president-elect.

Rogers, who took over the NSA after documents leaked by former intelligence contractor Edward Snowden in 2014 exposed the U.S. government's widespread surveillance program, accepted accountability for later breaches of classified material under his leadership.

"I am proud of the fact that under my watch we caught these individuals," Rogers said during the discussion on cybersecurity. "Even as I remain accountable for the fact that they were there." THE CANADIAN PRESS

DEMONSTRATION

Anti-war protest hits park



Alex Quon
For Metro | Halifax

For the eighth year in a row, protesters unfurled their banners and spoke out against the "warmongers and their apologists" attending the 2016 Halifax International Forum at the Westin Hotel.

Described as a rally against more than the forum itself, the weekend protest brought together pro-peace and anti-NATO voices in Cornwallis Park.

"One of our purposes is to build the anti-war movement," said Allan Bezanson, a rally organizer with the group No Harbour for War. "But there are so many provocations, be it pipelines, NATO or this forum."

Protesters covered a statue of Edward Cornwallis in sheets before the rally began. It's an act protesters say distances their actions from the violent colonial history of the park's namesake.

Halifax police did ask protesters to pull the wrappings off, but let the rally continue uninterrupted.

President-elect Donald Trump was one of the divisive topics at this year's forum, but that didn't seem to matter to many of the attendees.

"We know what we were going to face with Hillary Clinton; it remains to be seen what we'll face with Trump," Bezanson said. "It doesn't matter who is in power in the United States. They are going to organize these provocations against the world's people."

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'OUR CULTURE IS STILL ALIVE' A five-metre-wide painted wood screen and 37 hand-carved birds are among a collection of artwork returned to a First Nation after more than a century in the Royal B.C. Museum. Huu-ay-aht First Nation is celebrating the repatriation of their cultural treasures. "We're resilient, we're strong and our culture is still alive," Chief Councillor Robert Dennis Sr. said. THE CANADIAN PRESS

'Just my destiny'

JUSTICE

Indigenous abuse survivor speaks out ahead of inquiry

Sharon Acoose remembers being groped as a child by an uncle who paid her in pocket change for her trouble — the earliest roots of a life scarred by sex work, drug use and jail time.

Despite the longest of odds, she managed to turn her life around, eventually becoming a professor of social work. Countless others who followed a similar trajectory are no longer alive to tell the tale.

To this day, that same cycle is repeating itself with alarming frequency in indigenous communities across Canada, a Canadian Press investigation has found.

And with its insidious links to suicide, violence and mental health problems, the issue of child sexual abuse is poised to be a key theme in next year's long-anticipated national inquiry into the tragic phenomenon of murdered and missing indigenous women.



Sharon Acoose managed to turn her life around after she was sexually assaulted.

THE CANADIAN PRESS

ous women.

Acoose was just three years old and living in Regina when it started — three separate uncles, all of them now dead. The memory later manifested as emotional, spiritual and physical self-punishment, fuelled by the cocktail of drugs and alcohol she used to numb her pain.

"That was just my destiny," she said. "That's exactly why I became what I became, because I grew up bitter, against men."

Indeed, experiences of sexual and physical abuse among indigenous women and girls are so pervasive they are expected to

overwhelm next year's national inquiry, where commissioners will examine and report on the systemic causes of the violence.

Hearings are expected to begin in early 2017 and will undoubtedly draw attention from around the globe, said chief commissioner Marion Buller.

In May 2014, the RCMP documented 1,181 murdered and missing women between 1980 and 2012. A year later, it said 32 additional aboriginal women had been murdered and 11 more had disappeared since it first reported on the issue.

The force also cited an "unmistakable connection" between homicide and family violence.

Aboriginal women are vulnerable precisely because they're aboriginal and women, said Dr. Yvonne Boyer, a Canada Research Chair at Manitoba's Brandon University.

Boyer co-authored a report on trafficking of aboriginal women for the Public Safety Department in May 2014 that noted many of its participants suffered sexual abuse as a child, contributing to a pattern of exploitation that carried on into their adult years.

THE CANADIAN PRESS



Justin Trudeau waves during the traditional "family photo" at the APEC Summit in Lima, Peru, on Sunday. AFP/GETTY IMAGES

PERU

Trudeau, Obama talk uncertain future

Prime Minister Justin Trudeau and leaders from Asian and Pacific nations are walking out of an annual summit facing an uncertain future about the movement of goods, people and services across borders.

That uncertainty has been created with U.S. president-elect Donald Trump and his

anti-trade rhetoric set to take over the White House, potentially leaving a leadership vacuum on the world stage.

In a meeting with Trudeau, President Barack Obama spoke about the work the two have done on refugees and climate change — two areas where Trump has voiced concerns

and vowed to roll back environmental funding and put in stricter immigration rules.

Obama said he and Trudeau are going to push to get as much work completed on thinning the borders during the last two months of his presidency.

In a seeming nod to the shadow of Trump hanging

over the summit, the outgoing president tried to ease nerves in Canada that the Liberal prime minister would clash with the Republican president-elect, who has also threatened to tear up the North American Free Trade Agreement unless he gets concessions from Canada. THE CANADIAN PRESS



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Rescue operation ongoing

KANPUR DISTRICT

Death toll likely to rise in India train derailment

At least 104 people were killed when 14 coaches of an overnight passenger train rolled off the track in northern India early Sunday, with rescue workers using cutting torches to try to pull out survivors, police said.

Daljeet Chaudhary, a director general of police, said the death toll was likely to rise because rescue workers had yet to gain access to one of the worst-damaged coaches. About 150 people were injured, he said.

The train derailed at around 3:10 a.m., jolting awake passengers who had settled in for the long trip. The bodies were retrieved from mangled coaches that had fallen on their side.

One of the passengers, Satish Kumar, said the train was travelling at normal speed when it stopped suddenly.

"It restarted, and then we heard a crash," said Kumar, whose coach remained stand-



Rescue workers search for survivors in the wreckage of a derailed train near Pukhrayan in Kanpur district on Sunday. AFP/GETTY IMAGES

ing on the track. "When we came out of the train, we saw a few coaches had derailed."

Some of the coaches crumpled when they crashed into others, trapping hundreds of people inside.

The cause of the derailment

was not immediately clear.

Rescue workers, soldiers and members of India's disaster management force pulled 104 bodies from the wreckage, said Chaudhary, inspector-general of police in Uttar Pradesh state.

Rescuers used cutting torches

to open the derailed train cars to try to reach those trapped inside, while cranes were deployed to lift the coaches from the tracks. However, they were moving cautiously because some of the coaches were precariously tilted, and there was a danger of

the coach toppling over, possibly injuring those trapped inside.

Medical teams were providing first aid near the site, while the more seriously injured were moved to hospitals in Kanpur, Chaudhary said. Of the roughly 150 injured, 72 were in serious condition, he said.

The derailment occurred near the village of Pukhrayan, outside of Kanpur, an industrial city about 400 kilometres southeast of New Delhi. The Patna-Indore Express train, linking the central Indian city of Indore to the city of Patna to its northeast, completes its 1,360-kilometre journey in 27 hours.

Prime Minister Narendra Modi expressed his concern over the derailment.

"Anguished beyond words on the loss of lives due to the derailling of the Patna-Indore express. My thoughts are with the bereaved families," Modi posted on his Twitter account.

Accidents are relatively common on India's sprawling rail network, which is the world's third largest, but lacks modern signalling and communication systems. Most crashes are blamed on poor maintenance and human error. THE ASSOCIATED PRESS

DONALD DIGEST
A roundup of news about the president-elect

Romney being considered

Mitt Romney is a key contender to become secretary of state and Gen. James Mattis was an "impressive" prospect for defence secretary, Trump and Pence said Sunday.

Christie left hanging

Trump says New Jersey Gov. Chris Christie is "a very talented man." But he is not saying if there is a place for him in his administration.

School trumps White House

Trump says his wife, Melania, and their son, Barron, will move to the White House "right after he finishes school" next year. An aide suggested the Trumps are reluctant to move their 10-year-old to Washington during the school year.

Transgender concern

Anxiety is high among many transgender Americans, who fear stronger resistance to their push for civil-rights protections, including broader access to public restrooms.

THE ASSOCIATED PRESS

Celebrate With Us On Our 3rd Anniversary In Halifax And Meet With Our Dynamic Team Of Professionals



Jason Conrad, CPA, CA



Michelle Amos, CPA, CA

Belliveau Veinotte Inc. would like to introduce the business community and Halifax clients to our newest partner, Michelle Amos, and announce the expansion of our Halifax office to include tax associate, Jason Conrad. These appointments underscore our commitment to grow our services in the areas of audit, compliance and tax planning to Atlantic Canadian entrepreneurs.



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION I think that fine-art events are appropriate for first dates. My female friends disagree. Do you?

Dear Ellen,

I am wondering if you can settle an etiquette controversy among my female friends. I think it's fine to suggest a somewhat challenging piece of theatre (or similar cultural event) on a first date. But when I asked my girlfriends by text, their answers included, "That's more of a third date activity," "You probably wouldn't like it if a guy invited you to participate in his really niche hobby," and "Does it have to be a test? It's his free time!"

I don't think theatre (or fine art in general) is niche. Anyone can attend and get something out of it. Plus, I think if your date is not game to even give it a try, or is dismissive about its value — well, that tells you a lot about them. Which is exactly what you want from a first date.

Who is right?

Signed,

Dating Dilemma

Dear DD,

There is nothing wrong with suggesting theatre, opera, or any other high-culture event for a first-date activity. Etiquette standards will be met as long as you show up clean, on time, and sensitive to any potential problems specific to your first-date mate.

For example: if he's a starving artist, you should

If you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.



Ari Castillo

probably pay for expensive ballet or opera tickets yourself. If he's an author locked in a bitter rivalry with another writer, do not suggest going to that other writer's book launch. If the "challenging piece of theatre" involves climbing up fire escapes to follow actors cavorting in an operational abattoir, make sure he's not a vegetarian and doesn't have mobility issues.

Otherwise, I tend to agree with you that there's nothing wrong with springing your "niche" interests on him the first time you go out. As an impatient person who also has experience in the futility of trying to hide my true

self from others, I guarantee you will save time by revealing your passions and interests right at the get-go.

It doesn't mean he fails the "test" if he doesn't share those passions and interests. But, if you're going to have any future together at all, he should be open to them, and you. If he thinks you're a giant weirdo for suggesting a symphony outing or poetry slam, you just saved yourself from an excruciating evening with someone who's afraid of trying something new. And you've avoided several exhausting fake dates of pretending not to be who you really are.

Keep in mind that you should also be open to suggestions about his niche interests. The Great Edmonton Model Train Show might not be your first choice of a weekend outing. But if you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

And if he suggests something like hunting endangered species with an assault rifle, you can rest assured he's the giant weirdo, respectfully decline, and move on to your next dating prospect.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

What makes financial advice writers think my parents have money?

Having started a new job, I'm immediately planning my retirement. I thought I'd see what the best money columns advise millennials to do.

Here's what I found out: Ask your parents. If not to sign their house over to you outright, then to at least give you a down payment for a house.

For some, this is a distinct possibility. A CIBC report from June said that over the next 20 years, the largest ever intergenerational wealth transfer will occur. Boomers aged between 50 and 75 will inherit nearly a trillion dollars from their parents.

I spoke to CIBC deputy chief economist Benjamin Tal who said that most of that money is being transferred from parents with money to their already enriched kids.

So the columns might be onto something, but "wait for your rich parents to pass on their dead rich parents' money" is hardly advice I can take.

Nonetheless, with a trillion dollars looming, it's no surprise that the financial papers aren't concerned with parents like mine who don't have parental money to wait for or to pass on: Their mothers aren't rural Kenyan women.

My parents came to Canada as graduate students who dabbled in precarious work with four kids in tow.

The inherited wealth in my family consists mostly of passion for dark teas.

They're not paupers. In the intervening decades, they've been able to buy a house and assist a couple of us kids with some tuition payments. But I don't plan my finances and my future with my parents' money in mind.

Many in my generation do, I've come to realize. I've recently noticed that gifted down payments, paid-off credit cards, and subsidized (read: free) vacations are not unheard of among friends and acquaintances.

By these means, Tal speculates, wealth is actually skipping a generation: Rather than keeping inherited money for themselves, well-off parents are passing it down to their kids.

This is especially true among families who are deeply rooted in Canada and among whom there's an expectation — often quietly expressed — that some kind of large sum will be transferred from parent to child.

With this in mind, I reached out to my parents for comment. They did not respond. Initially. When pressed, they were surprisingly on board. Their offer required me to move back home and I wouldn't even get the house put in my name.

So we'll see.

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Taking opportunity and running is very important, because I never had a business plan in my life. Things just came along and I grabbed them.
Iris Apfel, at the UN Women's Entrepreneurship Day conference

Monday, November 21, 2016

Take a little time for yourself

YOU CARE TOO MUCH

Self-care book focuses on gender equality, coping methods

Self-care is skin care, self-care is yoga, a bubble bath, a nap, a massage, a healthy snack, something to brag about.

It's also a buzzword and, in the age of social media, can be a competition, a matter of keeping up appearances.

For Toronto's Erin Klassen, 32, self-care started to seem oversimplified, just "something else you have to be good at."

"There are bad things to cut out — stop using your phone, don't go on social media, don't drink too much — or good things to do more of. Do yoga, eat your superfoods, take 'me time.' But what happens when things are more complicated than that?"

That question led her to solicit submissions from women in her extended peer circle for what became the edited volume *You Care Too Much: Creative Women on the Question of Self Care*, released this month by indie publisher *Without Pretend*, which Klassen founded. (Spoiler alert: there is no easy answer.)

The women, 17 in all, contributed written and visual meditations on self-care in the context of: historical Jewish trauma, miscarriage, women's relationships to their bodies and to food, race and identity, love, blackness, abuse, feminism, "otherness" and mental health, death, friendship,

softness in the face of loss, devotion, the home, beauty regimens, sex, transformation, Inuit heritage, even crime.

If there is a consistent theme, it's the concept of coping, said Klassen.

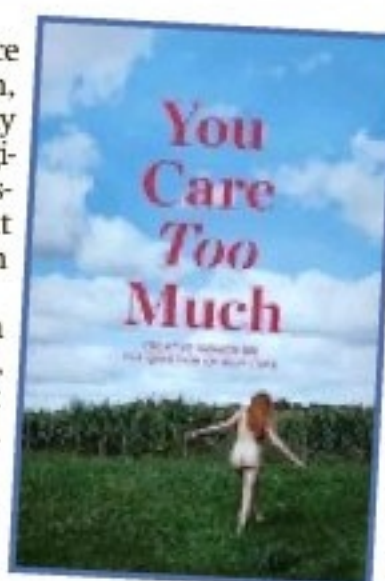
Self-care is particularly important today, Klassen said, in the wake of the recent U.S. election — one that saw millions of voters choose Donald Trump for their president despite his verbal attacks on women, people of colour, immigrants and many others during the campaign, not to mention a leaked tape in which he admitted to grabbing women without consent.

"This election has really been about connection or the lack of connection, the divisive nature of the two sides and two ways of thinking. It makes people feel really alone," Klassen said.

The act of putting together the book helped create a sense of togetherness among the contributors, she said. At times, "it felt like group therapy."

Multiple websites and news organizations have published guides to self-care, updated in the days following the Nov. 8 election. Many noted that self-care is essential for enduring political activism.

And when it comes to the politics of the home, self-care is a matter of gender equality



since women remain the primary caregivers in many families and don't get the same time to themselves as men might enjoy, according to the Canadian Women's Foundation.

Klassen watched her mother turn herself inside out trying to please everyone.

"By my mid-teens she had reached her capacity for giving

herself away, as she had done for everyone in her world for so many years, without speaking up to ask for the things she needed to feel whole," Klassen wrote in her introduction. She also penned a short story for the book.

Toronto photographer Angela Lewis initially thought of a series of images showing different women in facial masks. Then she switched tracks, deciding to mine the experience of watching her mom care for her own mother, Lewis' aging and recently widowed Nonna.

For the past year, Lewis' mom has been driving to Toronto from Port Dover on weekends to help her ailing mother, an emotionally taxing routine.

"I was going to my Nonna's to support my mom, but in that I was giving up my own self-care."

Taking photos and finding beauty in the situation helped, said Lewis, who contributed other photographs throughout the volume.

TORSTAR NEWS SERVICE



Writer and publisher Erin Klassen says self-care is particularly important in the wake of the recent U.S. election and its divisive nature. Putting together her book, *You Care Too Much*, helped create a sense of togetherness among the contributors, she says. TORSTAR NEWS SERVICE



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GOSSIP BRIEFS**Beastie Boys' playground vandalized with swastika**

A Brooklyn playground named for the late Beastie Boys' star Adam Yauch had been vandalized with swastikas and the words "Go Trump!"

Photos show the swastika and words were spray-painted on playground equipment in the Brooklyn Heights

neighbourhood.

The city named the park for the late rapper, who was Jewish, in 2013. He died of cancer in 2012 at the age of 47.

New York City Councilman Brad Lander said police were investigating and a Parks Department spokesman said Saturday the graffiti was removed. THE ASSOCIATED PRESS

THE DAP-KINGS**Soul singer Sharon Jones dies at 60**

Sharon Jones died Friday at a Cooperstown hospital.

THE ASSOCIATED PRESS

A big-voiced soul singer who performed with high energy onstage has died in New York after battling pancreatic cancer. Sharon Jones was 60.

Her representative Judy Miller Silverman says she died Friday at a Cooperstown hospital surrounded by her band, the Dap-Kings. Silverman says in a statement, "Thank you for your prayers and thoughts during this difficult time."

Jones was diagnosed with Stage 2 pancreatic cancer in

2013.

Her story was told this year in a Barbara Kopple documentary called *Miss Sharon Jones!* The film documents her transformation into a cancer patient and back into a full-throated force.

Jones returned to the music scene with a 2014 Grammy Award nomination for her album *Give the People What They Want* and an album of holiday classics called *It's A Holiday Soul Party!*

THE ASSOCIATED PRESS

Remembering those who survived Boston**BOSTON MARATHON****Documentary speaks to the resiliency of the victims**

Steve Gow
For Metro Canada



Now that Donald Trump will be America's next President, Ricki Stern and Annie Sundberg's documentary *Marathon: The Patriots Day Bombing* has unexpectedly adopted an extra layer of poignancy.

"It was already going to be relevant because unfortunately we've seen these attacks in the past year — not just here but internationally," said Stern recently, paralleling the film's central terrorist strike with the xenophobic and racist acts that have sprouted up since the US election on Nov. 8.

"But we think that (there's a) message that can come out of it — the resiliency, the human spirit, this pulling together and loving each other and not becoming xenophobic or anti-Muslim."

An impassioned exploration of the Boston Marathon bombing that took three lives and injured more than 250 others, Stern and Sundberg's movie (which premieres Monday on HBO Canada) aimed to avoid lionizing the homegrown extremists and instead investigate an inspirational



Celeste Corcoran, who lost both her legs in the marathon bombing, changes the bandages on her daughter Sydney's injured foot. The 18-year-old, who is getting ready for her High School senior prom, was also hurt in the bombing. BOSTON GLOBE STAFF PHOTO BY JOHN TLUMACKI

aspect to the 2013 tragedy.

"There has been, at least in the United States, this unfortunate celebrity of the perpetrators — we remember their names, we talk about them — but we don't remember the survivors," said Stern.

"Our unique angle was to get in very intimately with the survivors (because) that universal suffering that they've gone through and demonstrating how we can persevere and overcome is something we all go through in our lives."

As such, the film introduces several victims who were gravely wounded in the blast and have since struggled with physical and emotional challenges — even as they cope with the politics of terrorism.

"I think what was surprising to us was their mental fortitude," said Sundberg. "There's very little good that you could say can come out of a terrorist

bombing but even J.P. (Norden, who had burns over 50 per cent of his body) will talk about how that experience gave him a more considered approach to his life."

The filmmakers hope the survivors' renewed perspective also gives audiences a lift after a very divisive election. If a recent screening is any example,

it seems to be working.

"I just got several emails from the New York crowd who saw it and they're like, 'it's so good to be an American again,'" laughed Sundberg.

"I think people looked at this film and thought it speaks to the best of what you could be as a human being."

TELEVISION**A Marriage in movies**

For a decade, Sundberg and Stern have been making award-winning documentaries together on everything from comic legend Joan Rivers to the Darfur genocide.

"We're both so incredibly independent but also like the process of working together — that shared sense of give and take, said Sundberg on what makes their partnership tick.

More On Boston

There are other movies in production exploring the Boston Marathon Bombing — most notably the forthcoming drama *Patriot's Day* starring Mark Wahlberg.

"This community was trying to survive this horrific terrorist attack and find out who did this and pick up the pieces," said filmmaker Peter Berg.

STEVE GOW/FOR METRO

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THE TOP 6@6

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Starving
- 5 Twenty One Pilots
Heathens
- 4 Niall Horan
This Town
- 3 Jon Bellion
All Time Low
- 2 Hedley
Can't Slow Down
- 1 Ariana Grande
Side To Side

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While some of us have no head for money, others do possess financial smarts. iSTOCK

Don't ignore your finances

SMART SPENDING

Interest costs, missed savings opportunities all add up fast

Gail Vaz-Oxlade
For Metro Canada



I'm amazed at the people who aren't smart about money. Well-educated, professional, highly responsible, creative and competent people all turn to jelly when it comes to their personal finances.

I've even met people who have to manage their company's money (accountants, bookkeepers, financial officers) who can't figure out how to balance their own budgets.

What is it about money that brings even the smartest and most sensible person to their knees? Why do we make such a big deal out of something that is, at heart, completely straightforward?

Perhaps the people who most get my goat are the folks who are so willing to turn a blind eye to the foundations of their financial life, only to open up a conversation about "investing" and how smart they are about "putting their money to work?"

Isn't it way easier to save a dollar than to earn (and pay taxes on) another dollar? So how come people are willing to spend gobs of time and effort reading, learning, improving their knowledge of the sassy, sexy world of investing, even as they refuse to take care of their financial house-keeping?

There's the guy who had \$6,000 worth of parking tickets. He had to put his car in his girl's name so he could get it licensed. Hey, the guy had to drive for a living! How moronic is that?

There's the girl who took a pass on her company pension

plan for 11 years, even though her company was willing to match her dollar for dollar (in essence giving her a five per cent increase in income) just because she didn't want to have to forgo the spending money. And she works for a bank.

How about the student who didn't think twice about taking out all the student loans he qualified for, along with every credit and store card he was offered. Four years later, he has a very unimpressive undergrad degree, \$53,000 in debt, and a job that pays \$11.25 an hour.

So why are relatively smart people not so smart when it comes to managing their money?

Perhaps it's because they haven't taken the time to really think about what they're doing.

Interest costs, missed savings opportunities, and fees all seem small if you don't take the time to think about the longer-term implications.

If a \$30 ticket turns into \$45, eh? Isn't it far more satisfying to spend that \$60 on eating out than on planning for a future that's 25, 30 or 35 years away? And the interest on that student debt is so low because interest rates are so low, so what's the big deal?

If you want to be smart about your money, you have to think about it. When you do something that makes money go away, you have to weigh what you're getting against what else you could do with that money, not just now but in the future.

Each time you do something that involves money, think about it. Don't just push the thinking part aside. And if you're all up in investing but you don't have an emergency fund, if you're carrying a balance on your credit card or if you haven't made a will, quit your smirking. You're not so smart!

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"I'm very impressed, to be honest": Helio Castroneves likes what he's seen from Canadian IndyCar driver James Hinchcliffe on Dancing with the Stars

'Embarrassing' loss by Mooseheads

QMJHL

Halifax scores 10, but gives up 11 to Acadie-Bathurst



Dylan DesRoche
For Metro | Halifax

The Halifax Mooseheads learned it's pretty hard to win a hockey game when you allow 11 goals, even if you score 10 of your own.

"I don't even know what to say," said Halifax captain Taylor Ford after an 11-10 loss to the Bathurst Titan at Scotiabank Centre on Sunday afternoon.

"You score 10 goals and you don't win a hockey game, that's pretty embarrassing."

Halifax had no trouble generating offence but constant defensive failures prevented them from winning a game that should have been theirs.

"We can score as many goals as we want but if we don't play defence we're not going to win," said Ford, the team's veteran blue liner.

Ford was quick to take the blame away from Halifax's two goaltenders, who both struggled.

"You can't blame our goalies for 10 goals, at the end of the day it's a team effort and that's it," he said.

Alexis Gravel started for Hali-



Benoit-Olivier Groulx celebrates a goal with Mooseheads teammate Barrett Dachyshyn against the Acadie-Bathurst Titan at the Scotiabank Centre on Sunday. JEFF HARPER/METRO

fax, but did not come out to start the second after allowing three goals on 15 shots.

Kevin Resop would not fare any better, allowing seven goals on 27 shots.

Max Fortier has been a driving force in Halifax's recent success and Sunday he added another two goals and four assists, giving him 42 points and the lead in the QMJHL scoring race.

"When you score 10 goals obviously you do some good things but it's not acceptable what we did at the other end," Fortier

said of Halifax's performance.

"Even if we won that game we shouldn't have been happy with the results," he added.

Fortier's linemate, rookie star Nico Hischier, also had yet another productive game, scoring twice and adding a helper, putting him in second place in league scoring with 39 points.

Arnaud Durandau was forced to leave the game late in the second following a high open ice hit courtesy of Titan defence-

man Nicolas Dumulong.

Dumulong receive a five-

minute major for hitting to the head and a game misconduct on the play.

Jared McIsaac had two goals for Halifax, Connor Moynihan, Benoit-Olivier Groulx, Anthony Sorrentino, Bradley Kennedy had the others.

It was Daniil Miromanov who was the hero for the Titan, scoring twice in the last five minutes to give the visitors, including the game-winner with just 12 seconds left in regulation.

The goal came just 27 seconds after Hischier had tied the game.

Halifax won't have to wait long for another shot at the Titan as they head to Bathurst Tuesday.

21
The goals the two teams combined to score Sunday.



Redblacks receiver Greg Ellingson makes a snow angel near the Edmonton end zone in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

CFL PLAYOFFS

Redblacks earn Grey Cup do-over

Kienan LaFrance put the Ottawa Redblacks on his shoulders Sunday.

The sophomore running back came off the bench to run for 157 yards and a key touchdown to earn Ottawa an exciting 35-23 win over Edmonton in a snowy, windy East Division final. The Redblacks, who lost the 2015 Grey Cup 26-20 to the Eskimos, will face the Calgary Stampeders in this year's game on Sunday at BMO Field in Toronto.

Ottawa seemed headed to a comfortable win after surging to a 25-3 lead in the third quarter on Tristan Jackson's 75-yard punt return TD and Patrick Lavoie's two-point convert. But Mike Reilly, who threw for 340 yards, rallied the Eskimos with three TD strikes, including a 57-yard pass to Adarius Bowman that cut the Redblacks' lead to 28-23 with 3:15 remaining.

That put the onus on Ottawa's offence to try and run out the clock. But LaFrance, the Winnipegger who replaced injured starter Moses Madu (upper-body injury) in the first half, took it a step further, scoring on a 20-yard run with 45 seconds left that capped an eight-play, 70-yard drive and cemented the win.

"Before our final drive, (of-

EAST FINAL In Ottawa



fensive co-ordinator Jamie Elizondo) got the offence together and said, 'If we call ourselves the best offence, which I know we are, we will run this clock down and we will take a knee and finish this game out,'" said Ottawa quarterback Henry Burris. "And then Kienan stepped in and said, 'Guys, give me the hole. This is why I'm here, I'm here to get us to the Cup and win the Cup.'"

"He's a Manitoba Bison so if there's anybody used to running in these conditions, it's a guy from Manitoba. I'm pretty sure a lot of fantasy football owners are upset they didn't have Kienan LaFrance this week because he did a heck of a job."

LaFrance, a 2015 sixth-round draft pick had run for 163 career yards before Sunday.

THE CANADIAN PRESS

IN BRIEF

Hughes unable to clinch
Canadian Mackenzie Hughes was the third player to have a putt to win the RSM Classic Sunday.

He missed, and four players will have to return Monday morning to finish the playoff in St. Simons Island, Ga. THE ASSOCIATED PRESS

Murray clinches No. 1 spot
Andy Murray earned the year-end No. 1 ranking and his first title at the ATP finals Sunday, beating Novak Djokovic 6-3, 6-4.

THE ASSOCIATED PRESS

Another Sprint Cup title puts Johnson in elite company

Jimmie Johnson won his seventh NASCAR championship on Sunday night in Homestead Fla.

The win ties Johnson with Dale Earnhardt and Richard Petty in the NASCAR record books. THE ASSOCIATED PRESS

Blue Jackets roll in D.C.
Alexander Wennberg's goal with 53.6 seconds remaining gave the Columbus Blue Jackets their fourth straight win, 3-2 over the Washington Capitals. THE ASSOCIATED PRESS

NFL

'Amazing' Dak gets Dez in on the act

New backup, same result for rookie quarterback Dak Prescott and the Dallas Cowboys.

Prescott threw three touchdown passes, two to Dez Bryant, in the first game with Tony Romo as his backup, and the Cowboys set a franchise regular-season record with their ninth straight win, beating the Baltimore Ravens 27-17 on Sunday.

The Cowboys (9-1) punted on their first four possessions — a first this season — against the NFL's No. 1 defence. But Prescott



Dak Prescott
GETTY IMAGES

completed 14 of 15 in the second half and led consecutive drives of 92 and 88 yards after halftime to break a 10-10 tie. Both drives ended with TD passes to Bryant.

"Like I said before, the guy's amazing," said Bryant, who had six catches for 80 yards.

"We're going to follow that guy." THE ASSOCIATED PRESS

WEST FINAL IN CALGARY

■ The Stampeders head to the Grey Cup the heavy favourite after thumping the B.C. Lions 42-15 in Sunday's West Division final in Calgary.

■ The Stamps (15-2-1) and Lions (12-6) had the CFL's best records, but Calgary

controlled from kickoff.

■ Calgary pivot Bo Levi Mitchell, pictured, threw touchdown passes to Marquay McDaniels, DaVaris Daniels and Lemar Durant, plus a two-point convert throw to Kamar Jorden.



TODD KOROL/THE CANADIAN PRESS

RECIPE Cornbread Topped Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Chili with cornbread is a classic combo, so we decided to create a meal that brings them together.

Ready in 40 minutes

Prep time: 20 minutes
Cook time: 20 minutes
Serves 6

Ingredients

- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 Tbsp chili powder
- 1 lb ground beef
- 1 x 28 oz canned tomatoes
- 1 x 14 oz canned kidney beans
- salt and pepper to taste
- 1/2 cup flour
- 1 Tbsp sugar
- 1/2 cup fine cornmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

Directions

1. In a large pot, warm oil over medium heat. Toss in onion and garlic and let soften 3 minutes. Add beef and break up with a wooden spoon. Sprinkle with chili and cook about 5 minutes.
2. Add beans and tomatoes, season with salt and pepper and simmer for 15 minutes.
3. Preheat oven to 375 degrees.
4. While chili cooks, combine flour, cornmeal, salt and baking soda in a large bowl. In another bowl, whisk buttermilk, oil and an egg together. Combine, but don't overmix.
5. Carefully pour chili into a 2-quart baking dish or ramekin. Spoon cornbread batter over the chili and smooth it over. Place baking dish in oven 20 to 25 minutes, until cornbread is golden. Insert toothpick into cornbread to check that it is cooked through.
6. Allow to cool slightly before serving. Top with sour cream and grated cheese.

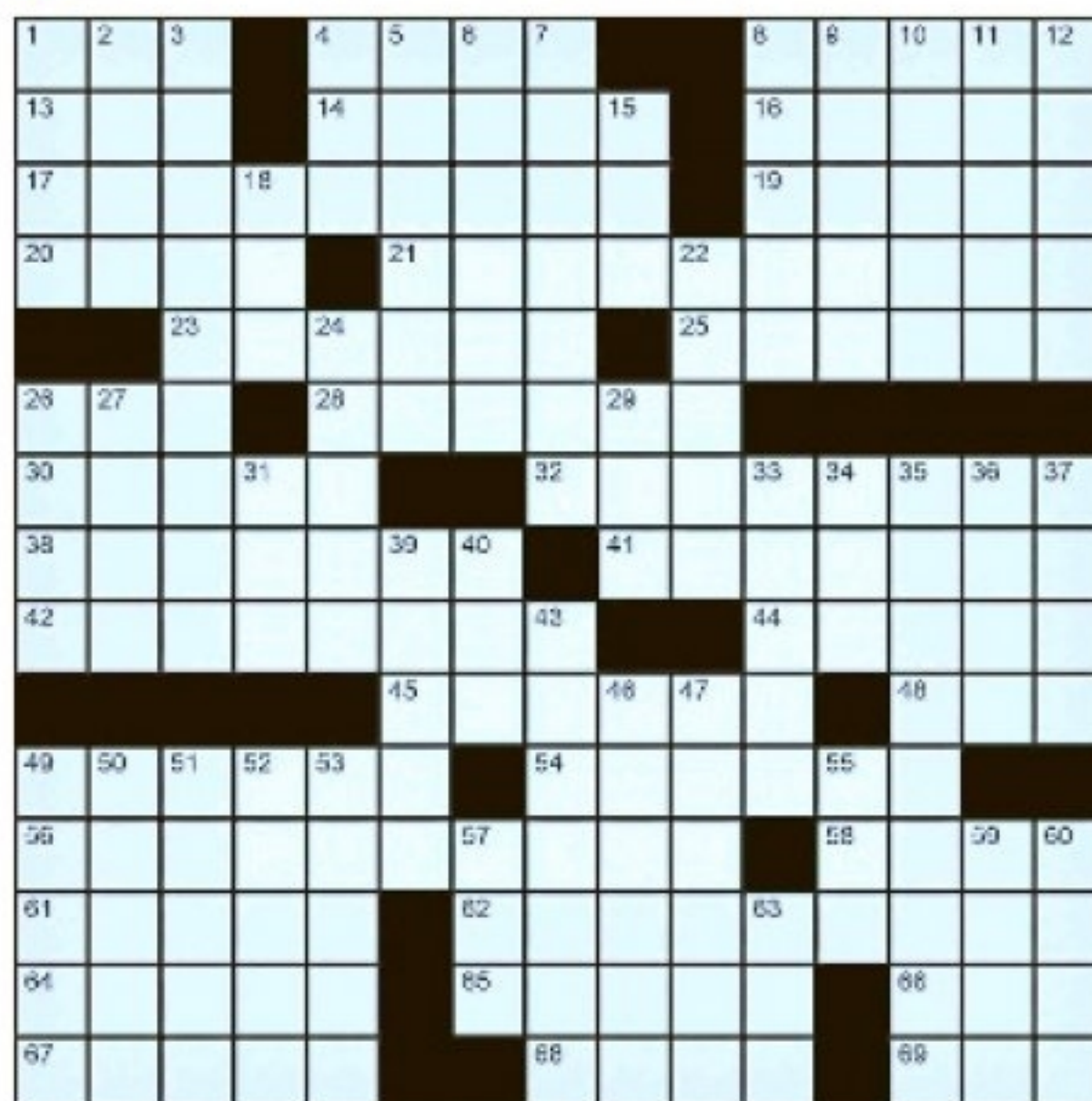
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17. Trinkets
19. Musical blast from the past
20. Not ever, in verse
21. Wreckage grounds
23. File-using carpenter, say
25. Gauge
26. ___ borrow or steal
28. Theatrical form of Japan traditionally featuring actors in both male and female roles
30. Flow-of-energy therapy
32. Erik the Red or son Leif
38. Back: French
41. Super silly
42. Fleetwood Mac's "___ Woman"
44. Figure skater Ms. Kerrigan
45. Informant
48. Racecar driver Mr. Fabi
49. Takes place
54. Medieval oboe predecessor instruments
56. Toronto Symphony Orchestra's home, ___ Hall
58. Sparkling wine of Spain
61. Bill (Composer) or Tom (Actor)
62. ___ Challenge (Current motionlessness-



- set-to-music fun time on social media)
64. Extraterrestrial
65. 1948 Pulitzer-winning poet, W.H. ___ (b.1907 - d.1973)
66. Cape __, Massachusetts
67. "___ bleu!"
68. Fathers, to kids

69. Ron of '60s show "Tarzan"

DOWN

1. ___ Station (Commuter hub in NYC)
2. Hand cream ingredient
3. Makeup brand

4. Baffin, e.g.
5. Purr-fect pet pampering place: 2 wds.
6. The Autobiography of ___, Toklas
7. Plagued with pests, perhaps
8. Saturates with sappiness
9. Luau dances

10. Conductor Mr. Previn
11. Surprise war-time attacks
12. "___ You Up" by Madonna
15. Conductor, ___-Pekka Salonen
18. Period
22. Figure Skat-

- ing couples
24. Went down the snowy hill
26. Boast
27. Mr. Saarinen (Architect of the Gateway Arch in St. Louis, Missouri)
29. Tree of Hawaii
31. Josh
33. Brawn
34. Bambi's aunt
35. Condiment with roast leg of lamb: 2 wds.
36. "Perform" suffix
37. "So Sick" single-named singer
39. Rene of "Tin Cup" (1996)
40. "___ Beso (That Kiss)" by Paul Anka
43. French waxworks legend, Madame ___ (b.1761 - d.1850)
46. "Help Me, ___" by The Beach Boys
47. ___ soups (Pantry items)
49. Wolves of the sea
50. Bella ___ (Valley in British Columbia)
51. Faultfinder
52. ___ nonsense
53. Big river in Europe
55. John Wayne crime movie of 1974 co-starring Canadian actress Colleen Dewhurst
57. UFC sport, for short
59. Bowed instrument
60. Tennis ace Mr. Murray
63. Nav. rank

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Grab every opportunity to travel in the next four weeks, because you are keen to expand your horizons. You want adventure and a chance to learn something new.

Taurus April 21 - May 21
Your focus will be on shared property, taxes, debt, insurance matters and inheritances in the next four weeks. Do your homework to get prepared.

Gemini May 22 - June 21
You will need more sleep in the next four weeks, because the Sun is now opposite your sign, and the Sun is your source of energy. Respect your need for more rest.

Cancer June 22 - July 23
Do whatever you can to get better organized during the next four weeks, because this is what you want. It will boost your confidence as well as your efficiency.

Leo July 24 - Aug. 23
The next four weeks are a playful, flirtatious time for you! Enjoy all social outings, sports events and fun times with kids.

Virgo Aug. 24 - Sept. 23
Home, family and your private life are your main focus during the next four weeks. An interaction with a parent could be significant.

Libra Sept. 24 - Oct. 23
The pace of your days will accelerate during the next four weeks, because your schedule will be busy! Expect short trips, increased reading, writing and studying, plus many errands!

Scorpio Oct. 24 - Nov. 22
Now your attention turns to money and cash flow. During the next four weeks, you will seek ways to boost your earnings and monitor your assets.

Sagittarius Nov. 23 - Dec. 21
The Sun will be in your sign for the next four weeks, giving you a chance to recharge your batteries for the rest of the year. It's all about you now, dear Sagittarius.

Capricorn Dec. 22 - Jan. 20
Use the next few weeks to plan what you want for your new year ahead (birthday to birthday). If you make goals with deadlines, you likely will achieve them.

Aquarius Jan. 21 - Feb. 19
It's a popular month ahead! Enjoy interacting with others. Make a point of sharing your hopes and dreams with someone to get his or her feedback.

Pisces Feb. 20 - March 20
During the next four weeks, you look great to bosses, parents and VIPs. Because you have this advantage, push your own agenda and go after what you want. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8		3	2			5
	6							7
9		3		5	6		1	
		2			8	5		
	7						6	
		4	1			8		
	5		9	1		7		2
1							3	
4			2	7		1		

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1	8	2	6	3	4	9	7	5
4	7	9	2	8	5	3	1	6
3	6	5	9	7	1	2	4	8
5	4	7	1	9	3	6	8	2
9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3



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